



# **THE RADIANT HAND ACADEMY OF YOGA**

## **INTRODUCTION TO YOGA LEVEL I – FOUNDATION COURSE**

### **About**

An Introduction to Yoga Level I is a challenging, progressive and academic workshop that will enable you to make the connection between all aspects of yoga. This course is for everyone who wants to develop an interest in yoga but is also part one of a five module Foundation Course.

### **Aims:**

It will help you develop a greater understanding of yogic systems and help you incorporate awareness into your daily routine, bringing you greater peace physically, mentally and spiritually.

This **academic workshop** will involve 3 hours of formal contact time a week for 6 weeks (inclusive of 1 week as a study week), at least 2 hours of optional contact time, daily self practice and self study using a variety of techniques that will be taught to you as part of the course. Areas covered include:

- An understanding of yoga, what is yoga? A brief history. The 8 Limbs or Astangas of yoga. What is Hatha Yoga? The Surya Namaskar (The Sun Salutation)
- An understanding of how the body works and how asanas help develop posture and flexibility, developing asanas (postures) looking at physical and spiritual effects of asanas. Observing the body through asanas understanding the benefits of asana synchronized with breath, to develop greater awareness and clarity.
- Breathing exercises. Basic pranayama – observing how the breath can energize the body and calm the mind. Also, how to incorporate breath work into daily life to reduce stress and rejuvenate and clear the body as well as using pranayama techniques in asana practice.
- Meditation and chanting – developing meditation skills as a way of stress management and observing chanting as a medium to develop serenity. Basic understanding of energy centres (chakras).
- Developing and maintaining self-practice, guidelines and other useful information.

Full attendance on all dates is required if you wish to progress on to Introduction to Yoga Level II.

### **Cost and booking details**

Please contact The Radiant Hand on 020 8682 5186 or email [info@theradiantand.co.uk](mailto:info@theradiantand.co.uk) for details of cost, course dates and booking details.

### **Requirements**

The only requirements are that you have your own yoga mat, towel and blanket.